

Claims 1 - 30 (canceled)

Claim 31 (currently amended): A method of at least treating or preventing at least one light responsive disorder in at least one mammal, said method comprising the steps of: utilizing at least one light source, said at least one light source emitting optical radiation; causing said optical radiation to be commonly therapeutically effective in humans by employing a pre-established spectral composition that has been pre-identified as a maximally potent spectral composition in the regulation of at least one of the human circadian, photoneural, or neuroendocrine systems, said pre-established spectral composition comprising at least one enhanced spectral region comprising at least one peak of emitted light within the range of 435-488 nm; exposing at least a portion of the retina of at least one eye of at least one mammal to said pre-established spectral composition of optical radiation such that said light source is not mounted on the body of said at least one mammal; stimulating the photoreceptor system for at least one of the circadian, photoneural, or neuroendocrine ~~or neurobehavioral~~ systems of said at least one mammal; and, enabling at least the treatment or the prevention of at least one light responsive disorder in said at least one mammal.

Claim 32 (canceled)

Claim 33 (canceled)

Claim 34 (previously presented): The method of Claim 31, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and causing said at least one light filtering component to transmit therapeutically effective optical radiation.

Claim 35 (previously presented): The method of claim 34 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

Claim 36 (canceled)

Claim 37 (previously presented): The method of claim 34 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

Claim 38 (previously presented): The method of 34 wherein said light filtering component further comprises at least one translucent composition.

Claim 39 (previously presented ): The method of Claim 31, said method further comprising enabling the prevention of at least one light responsive disorder in said at least one mammal.

Claim 40 (previously presented): The method of Claim 39, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and causing said at least one light filtering component to transmit therapeutically effective optical radiation.

Claim 41 (previously presented): The method of claim 40 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

Claim 42 (canceled)

Claim 43 (canceled)

Claim 44 (previously presented): The method of claim 40 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

Claims 45 - 56 (canceled)

Claim 57 (not entered)